

CANWEST STOCK WORTHLESS: ANALYST, PG7

Sports pg 11

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the first
round
of the
playoffs



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Celebrity Buzz

Miley
defends
her
memoirs

pg 23



Crime moving out: Expert

City's drop in homicides likely means criminals are doing business somewhere else

VICTORIA HANDYSIDES victoria.handysides@metronews.ca

The ebb and flow in the traditional rising tide of Edmonton homicides has calmed for a period not seen in years, leaving crime experts with the conclusion that violent criminals are being washed to other areas.

Edmonton has not seen a homicide in 52 days, a rarity in a city that plays host to

murder every 10 days or so. "It's a nice period, not to pick up the paper and see dead people," said Grant MacEwan College criminologist Bill Pitt.

Though gang violence and murders are decreasing on Edmonton streets, rates are rising in rural communities. There were 53 rural homicides investigated in 2008, more than double the

23 slayings of 2007.

"They're getting out of town. They're under the gun here. The leaders are being targeted, and they like to operate in the dark, metaphorically."

Bill Pitt, criminologist

"They're getting out of town," Pitt said. "They're under the gun here. The leaders are being targeted, and they like to operate in the dark, metaphorically."

Pitt credits the work of law enforcement agencies, who have taken proactive steps to quell gang violence.

Somali leaders met with police officials last fall, in hopes to save more young men from falling victim

to deadly violence. Four Somali men were murdered in 2008, three of whom were suspects, or charged in other murders.

"There's much stronger surveillance to groups inside the city and they're feeling uncomfortable," Pitt said. "Once they separate, we don't see it in town, but we're seeing it in places like Fort McMurray, Grande Prairie and Peace River."

The last, long stretch where

streets were homicide-free was in 2006, when 88 days passed between the March 2 murder of Stefan Conley and the May 29 murder of Jerry Nguyen.

The last person to be murdered in city limits was 21-year-old Brendan McNaughton, who was stabbed behind a west-end pub Feb. 21.

"These things are episodic — you'll get clusters of them," Pitt said. "... Time will tell if it's an anomaly."

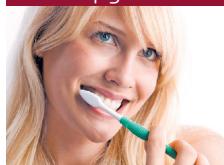
Canada pg 4

Go on a
Greek diet

Entertainment pg 19

Metric goes positive in new album

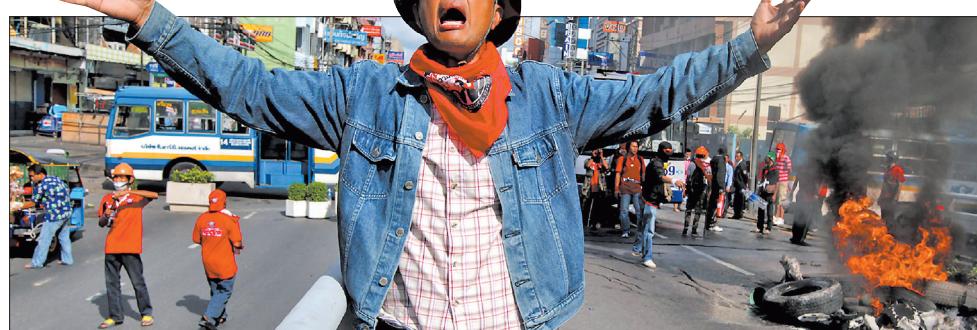
Health pg 12



Importance
of oral health

Learning Curve pg 14

Mapping out
your future



A supporter of former prime minister Thaksin Shinawatra gestures as members of the Thai military take over the streets yesterday in Bangkok, Thailand. Anti-government protesters clashed with the military after the government declared a state of emergency.

Man dies in Thorsby truck crash

FATALITY One man is dead following a crash near Thorsby yesterday morning.

A white Toyota truck was travelling northbound on Secondary Highway 778 around 10:30 a.m., when it slid off the road into an east ditch, striking an approach.

The lone driver, a 44-year-old Calgary man, was ejected from the vehicle. He was not wearing a seatbelt at the time of the crash.

Emergency crews responded, and transported the victim to hospital, where he was pronounced dead.

Mounties are still investigating to determine a cause for the collision.

The name of the victim is not being released, pending notification of next of kin.

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Local mosquitoes to feel the bite of city's control program

The never-ending battle of man versus mosquito continues as the city has recently launched its 2009 Mosquito Control Program. In the next few weeks, ground crews and helicopters will work to kill larvae in water pools within a three-kilometre radius of the city. **METRO EDMONTON**

Local



Young Alberta-bound

Ageless rock icon Neil Young will be making an appearance in Edmonton to help promote his latest album, *Fork in the Road*. The show will be held at Rexall Place on April 23 and the doors will open at 7 p.m. Tickets start at \$55 and can be bought now at Ticketmaster.

METRO EDMONTON

Gender reassignment cutbacks fought

Transgendered people filing human rights complaints after funding axed

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

The first steps in a journey to picking up the pieces of shattered dreams will be attempted by a group of outraged transgender Albertans tomorrow.

Led by 39-year-old Michelle Drinkell, about a dozen people will file human rights complaints toward a government they say snatched their chances at lives reborn, all to save \$700,000 in this year's budget.

"I'm devastated, I have no idea what I can do to save money for surgery," she said. "I just want to be seen as another person."

Drinkell joins a list of infuriated Albertans whose sex change operations won't be funded by the provincial government.

A four-year road of self-acceptance, psychiatric evaluation, laser hair removal, and hormone treatment was set to end in June, when funding for her male-to-female surgery was to be approved.

The decision to axe gen-

"I'm devastated. I have no idea what I can do to save money for surgery. I just want to be seen as another person."

Michelle Drinkell

der reassignment surgery from the budget was like a slap in the face, Drinkell said.

"Things just got to a point where I couldn't pretend to be the man everyone expected me to be," she said. Drinkell knew around age six that she wanted to be a different

gender.

Accompanied with almost 20 supporters, Edmontonian Sarah King, 33, will file a separate class-action lawsuit against the Alberta Government tomorrow. She hopes to win an injunction to fund those currently on the surgery waiting list and to have

funding reinstated.

Drinkell and a group of like-minded supporters plan to attend question period at the legislature today, backed by NDP MLA Rachel Notley, who will submit a stack of letters for public record.

"All we can do is fight as a community and hope for the best that we can have this part of the budget reversed somehow," Drinkell said.

"Or we might have to wait for another government to get in — we just don't know."

Dog rescued from mill gives birth to three pups

ANDREW COWAN
for Metro Edmonton

One of the dogs rescued recently from a local commercial puppy mill has given birth to three healthy puppies over Easter Sunday.

One-year-old Cinnamon gave birth to three puppies, two females and one male, all of which are being taken care of at the Edmonton Humane Society Shelter.

While it's not unheard of for a dog as young as Cinnamon to have puppies, the Edmonton Human Society considers it to be a very young age for a dog to give birth.

"It is pretty young, it's considered," said Shawna Randolph, spokesperson

Mill bust

- More than 50 animals were recovered in early April in what was considered Edmonton's first commercial breeding mill case.

for the society. "She'll be staying in foster care with the puppies for the next couple months."

After a few months, if they're still healthy and strong, the unnamed puppies will be tested for adoption and be available for the public.

Randolph said Cinnamon wasn't the only rescued dog that was pregnant when brought into the shelter clinic from the mill, but unfortunately the litter from the other dog did not survive.

Easter Chick magnets



Zoo interpreter Sarah McPike, left, shows off a baby chick during Hop to it! at Edmonton's Valley Zoo yesterday. The Easter Monday event was held to welcome the change in seasons, with different Easter babies, including chicks and bunnies in the indoor petting zoo.

Two injured in Hwy. 23 crash

COLLISION Two people were injured in a three-vehicle collision on Highway 23 at Range Road 231 yesterday morning.

A Dodge Durango going southbound on Range Road 231 entered the intersection and was hit by an eastbound Chrysler. The Durango was pushed into a van waiting at the intersection.

The occupant of the Durango, a 53-year-old woman from Sherwood Park was airlifted to hospital with serious injuries. The Chrysler's driver, also a 53-year-old woman, suffered non-life-threatening injuries. **METRO NEWS SERVICES**

News in brief

PLANNING Tomorrow is the last day for Edmontonians to weigh in on the future of the South and West LRT routes. Opinions gathered from the online questionnaires will be used by city officials. To share your views, visit <http://www.nanosresearch.com/westlrt.html> and <http://www.nanosresearch.com/selrt.html>.

METRO EDMONTON

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What's online today.

Your Money Allan Small on what's behind the surprising profits in the U.S. banking sector at [metronews.ca/investing](#)

Blogs Zac Efron's 17 Again gives Hollywood Rants déjà vu all over again



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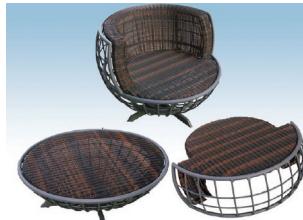
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Taiwan police have arrested a 55-year-old man for lobbing bank notes worth about 1 million Taiwan dollars (\$36,000) from vehicles, causing disorder in the streets, a police officer said yesterday. The man tossed the bills from a taxi in a crowded part of Taichung city on Sunday as people stopped to pick up the cash. **REUTERS**

World

Anger in Somalia

Rebels attack plane, pirates vow revenge

Somalia's militant Islamist rebel group al Shabaab said yesterday it fired mortars at a plane carrying a U.S. lawmaker, a day after U.S. snipers killed three Somali pirates and freed the American ship captain they had been holding hostage.

An al Shabaab spokesman said his group fired at the plane carrying Representative Donald Payne as he left the anarchic Horn of Africa country following a rare one-day visit by a U.S. official. Payne's plane took off safely and no one was hurt.

The successful rescue of captain Richard Phillips, who had been held by pirates for five days in a drifting lifeboat after their at-

"America has become our new enemy."

Farah, pirate

tempt to hijack the U.S.-flagged container ship Maersk Alabama failed, was hailed in the United States as a "feel-good" story that temporarily lifted the country's spirits in gloomy economic times.

Three U.S. snipers each fired a single shot virtually simultaneously, each killing his target. A fourth pirate was captured alive.

More than 250 hostages of many nationalities are still being held along the Somali coast by pirates.

Helicopters once again flew over pirate bases near Eyl on the Somali coast overnight after Phillips' rescue.

"They killed our friends on the lifeboat and we thought helicopters would bomb us in Eyl last night," a pirate in Eyl, who called himself Farah, told Reuters.

"We were mourning for dead friends and then roaring planes came — grief upon grief. America has become our new enemy."

Al Shabaab, which condemns both piracy and anti-piracy patrols by international navies off Somalia, said the attack on Payne's plane was a message to the United States, but did not directly link it to the hostage issue.

REUTERS



Galapagos wildlife at risk

An erupting volcano in the Galapagos Islands could threaten unique wildlife such as marine and terrestrial iguanas, say officials with the Galapagos National Park. Lava flowed into the sea and clouds of gas and smoke poured from La Cumbre volcano on Fernandina Island, which has no human inhabitants, after it erupted Saturday.

REUTERS

Myanmar Golden Rock Pagoda



News in brief

NUCLEAR North Korea said early this morning that it saw talks on ending its nuclear weapons program as "useless" and it planned to restart its plant that makes arms-grade plutonium. The UN Security Council yesterday unanimously condemned North Korea's long-range rocket launch nearly two weeks ago, and demanded enforcement of existing sanctions.

KAZAKHSTAN Kazakhstan's security service accused the defence ministry of buying defective military hardware from Israel yesterday in a rare public spat exposing tensions among the security elite. The state's KNB service said it was investigating a number of unnamed defence ministry officials.

SUDAN Sudanese authorities yesterday executed nine men found guilty in the 2006 murder of a Sudanese newspaper editor, state media said.

REUTERS

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Starwood going ahead with Sheraton overhaul

Starwood Hotels & Resorts Worldwide said yesterday it was moving ahead with a \$4-billion US overhaul of its Sheraton brand despite the economic slump. **REUTERS**

Business

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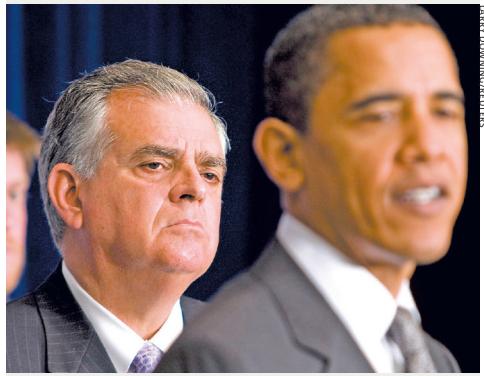
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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

U.S. Projects under budget

ARRY DAWSON/GRETTER

U.S. Secretary of Transportation Ray LaHood, left, listens to U.S. President Barack Obama speaking about the economy at the U.S. Department of Transportation in Washington yesterday. Obama said yesterday that 2,000 major infrastructure projects being undertaken as part of his \$787-billion US economic stimulus plan were ahead of schedule and under budget.

Smartphones a priority for Canada's top carriers

WIRELESS The shift toward so-called smartphones — wireless devices that combine voice calling, email, mobile web browsing and multimedia functions — could pick up speed in Canada as the country's big wireless carriers seek to avoid an "abyss" created by falling prices for voice services.

A weak economy and the threat of increased compe-

tition is putting near-term pressure on carriers to move more subscribers onto devices such as the popular BlackBerry or iPhone in a bid to boost how much they spend on wireless services.

Smartphone subscribers generally require both a voice and data package to make full use of their devices' features.

TORSTAR NEWS SERVICE

In brief

OIL Total SA boosted its hostile takeover offer for UTS Energy Corp. by more than a third to \$1.75 per share yesterday, but the offer was branded as inadequate by some of the oilands developer's biggest shareholders.

REUTERS

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Market analysts shun Canwest

Shares of Canwest Global Communications are essentially worthless and should be avoided by investors as Canada's biggest media company fights to restructure its massive debt amid an advertising downturn, analysts said yesterday.

Canwest has another debt deadline looming today, by which time it must

pay \$30.4 million US in interest to holders of its eight per cent senior subordinated notes. The payment was originally due March 15, but the company missed it.

If it doesn't pay today, the investors can demand the repayment of about \$761 million of outstanding principal on the notes. This could further exacerbate Canwest's problems.

"Given the significant liquidity challenges facing the company, we see no residual value in the shares of Canwest," BMO Capital Markets analyst Tim Casey wrote in a note to clients. While critical, the looming interest payment is only the tip of the iceberg for Winnipeg-based Canwest, which has a debtload of

about \$3.7 billion Cdn, some of it dating back to its 2000 acquisition of newspaper assets from Hollinger International.

Analysts have said that Canwest could file for bankruptcy protection, but the company thus far has continued to negotiate with its creditors rather than involve the courts.

REUTERS

eBay Sellers are Making \$10,000+ a Month



Paolo M. supplements her income with eBay and the Internet

By James Ryder

Why settle for mediocre pay and long hours when it is possible to make over \$100,000 a year from the comfort of your home?

Over 170 million people are registered eBay users and 1.3 million are making a full-time living through online auctioning, leaving their everyday jobs.

One source says on average one car is sold every two minutes, a car part or accessory sold every three seconds, diamond jewelry every eighty-three seconds, and a pair of Timberland shoes every ten minutes.

These items and more, from concert tickets to stamps and coins, are sold daily by average people looking to gain an income or better their current cash flow.

"Anybody can do it if they know the right technique," Lok said. "With the right techniques it's easy to make extra income."

It is rather easy to get started in the process and become acquainted with the techniques.

With a little homework, access to an Internet-ready computer, and some basic computer knowledge, anyone can be on their way to becoming a member of the fastest growing community in the Canada and the U.S.

"Why wait to win the lottery?" Lok said, "when selling on eBay is like winning the lotto every day."

benefits and more.

Not only does using eBay at home cut back on paying for gas and having to deal with the hassle of rush hour traffic, but also consumer demands through the Internet are continually growing, allowing for a higher income rate per seller.

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Comment

When is Canada going to finally grow up?

National Report



Lawrence Martin

metroneWS.ca/nationalreport

Poll on the recession just out. The West, where Stephen Harper is popular, thinks he is doing a terrific job of handling the economic crisis. Quebec, where he is not, thinks he's doing a terrible job. Ontario

and the Maritimes give him a middling rating.

The PM's anti-recession policies are national, not regional. But as the polling results indicate, regional hyper-sensitivities carry the day. They always have, they still do and they probably always will.

The prime minister actually made a good effort at trying to mend the regional divide. In his first term in office he bent over backwards trying to please Quebec, his granting of nation status to the Quebecois being no small example.

That won him some respect. But last August his government introduced nationwide cultural spending cuts.

In the great scheme of things it was hardly big news. But Quebecers, forgetting the PM's positive gestures, took this as a terrible affront. They were also angered that during the parliamentary crisis last fall, he went on about how awful it would be if separatists were part of a coalition government. As leader of the country, you're not supposed to condemn sepa-

ratists.

As a consequence, Harper's stock in the province has plummeted and the country has returned to its century-old divide.

The West in one corner, Quebec in another. For the Conservatives, it started way back with prime minister Robert Borden. He brought in conscription during the First World War.

It took Quebecers decades to forget. The Quebec-born Brian Mulroney brought the province back into the fold for a while, but try as he might, he could never satis-

fy Lucien Bouchard's constitutional demands. Quebecers turned on him in the form of the Bloc Quebecois.

The sensitivities in la belle province are matched by those on the prairies. Mulroney catered to the West, bestowing many a favour, such as the burying of the National Energy Program.

But he was not conservative enough on some economic questions and — Good Heavens! — he chose Montreal over Manitoba in the awarding of an aircraft maintenance contract.

That was enough to trigger a revolt in the form of the Reform Party.

The Liberals, of course, have never been able to catch a whiff of support in the West ever since the NEP. It's three decades later. Westerners won't forget.

It's the 21st century and the country's great cleavages are as wide as ever.

Some wonder if we'll ever grow up. They have reason to do so.

Lawrence Martin is a *Globe and Mail* correspondent and author who writes about national affairs from Ottawa.

Views

Reforming health care means reforming our illusions



Keith Martin

The biggest hindrance to better health care is our own illusions.

Contrary to public opinion, Canada does not have the best health-care system in the world. We actually rank 26th, but have the fifth highest health-care expenditures.

The Canadian Medical Association recently found that 17 of the world's top 20 national health-care systems are European. These world leaders all have mixed systems that combine both public and private providers so everyone

is covered. No one has huge medical bills and information technology is widely used.

Using central IT databases to input prescriptions has led to less drug abuse, greater oversight and increased transparency. Also, the efficient integration of public and private services has actually drawn on the strengths of both systems. Countries have even been able to expand coverage to include global prescription drug coverage. The introduction of healthy competition has spurred innovation, better care and cancelled out inefficiencies in the health system.

In Europe, patients are placed at the centre of the health-care system. Hospi-

tals are motivated to attract patients and provide optimal care because they receive funding and resources for services rendered instead of block-funding. Money is then freed up for prevention, health promotion and other initiatives that reduce the demands on the system. Unfortunately, the debate around health-care reform in Canada remains mired in the false assumption that changes to our current system would result in a U.S.-style system.

Canadians must fully grasp the following truths:

- An aging population and more expensive technologies are exhausting the supply of government money for health care.

• The Canada Health Act, and its five principles (public administration, comprehensiveness, universality, portability and accessibility), is broken in every province, every day.

We actually have a mixed system, but it is not integrated in a way that supports our public system. As such, the status quo is contributing to the creeping privatization of our public system.

We can have the best health-care system in the world, but we must have courage and not fear change.

Dr. Keith Martin has been the Liberal MP for Esquimalt-Juan de Fuca on Vancouver Island for 16 years. He worked as a physician in emergency medicine and general practice from 1987-2006.



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EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Being bold is beautiful

Take initiative in finding discounts on regular purchases

Smart Cookies



metronews.ca/smartcookies

In the past week, one of the Smart Cookies negotiated her dentist bill (15 per cent off), while another negotiated her parking ticket from \$60 down to \$15. We're not afraid to ask.

Admittedly, however, there was a time when we thought trying to negotiate a better price might make us appear cheap, rude or worse — embarrassed if we were turned down.

Now is the time though to negotiate on just about everything. To help you keep more money in your pocket, we've listed a few simple strategies to make the most of your negotiating:

Be Realistic

Don't go in and ask to

get something half price off up front. Let the retailer name their best offer and work from there. You might come in too high and offend or too low and leave cash on the table.

Be nice

The old adage you catch more flies with honey applies to money as well. You get more savings with a smile.

One at a time

If you're looking to get a group discount, negotiate the price of one item down first. For example, if you were looking to get a group of dresses (for a wedding, say), first negotiate a single dress down and then explain you are interested in buying more and the price should drop even further.

Pick the best day of the week

Think about when you're happiest and it's probably towards the end of the week. That's also when retailers are likely at

their happiest and most accommodating as well. Thursday and Friday are often the best days to negotiate on price.

On the flipside, make an appointment for a salon or service in the first half of the week (salon's slow days) and you may be able to negotiate a 10 to 20 per cent discount. Referring new customers could also earn you a price break.

Mom and Pop shops

Whenever you're buying from the owner, discounts are easier to get than in chain stores. Mom and Pop shops are also more likely to work a deal with you. They want to deter you from shopping at the big box stores and will have more flexibility to make a price change.

Cash is king

Vendors typically pay a processing fee when you use your card so they are more likely to cut you a deal using cash. Many times, it's possible to also negotiate the tax off if you

are using cash.

Other free stuff

If you don't get a discount, see if they can throw in anything additional. Free delivery, extra perks, etc.

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Investing

Allan Small



Allan Small looks into the big U.S. banks and the current bull run. To read the column, visit metronews.ca/investing



Most people don't want to appear cheap but if you really want to keep more money in your wallet, prepare yourself to push for savings. Remember to be nice but firm.

metro

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Tuesday, April 14, 2009

10 business

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Is it a hobby or business?

MoneyMatters



metronews.ca/moneymatters

Q I've worked in retail for more than 10 years but I enjoy designing women's fashion. This year, I spent more than \$6,000 for materials, equipment and travel. I give my designs as gifts to family and friends. I was advised by a colleague to register a business and claim the expenses on my tax return. Are these deductible? — Talia

A With layoffs continuing at record numbers, many individuals find creative ways to earn income. Many entrepreneurs are born because of increased unemployment. The Canada Revenue Agency website describes factors that distinguish be-

tween a business and a hobby.

Expenses incurred for the purpose of earning business income can be deducted for tax purposes. These would include but not limited to such cost as office supplies, accounting/legal fees, travel expenses, advertising and marketing, material costs, etc. Cost incurred for the personal enjoyment of an individual's hobby are not deductible for tax purposes.

The act of registering a business in itself does not necessarily qualify expenses deductible for tax purposes.

Individuals involved in "hobby" activities such as artist, musicians, photographers, writers and the like should be diligent that their activities are commercial in nature for claiming expenses.

Keep receipts, proper books and records in the event of an audit by the enforcers of our tax system. Legitimate commercial ac-



One reader spends a lot making her own clothes as gifts.

tivities should not be denied deductions because of the nature of the activity.

Here are some factors used in determining if expenses are deductible for tax purposes:

- Expenses incurred for earning income
- Reasonable expectation of profit
- Intention of individuals
- Time devoted to business enterprise
- Capital utilized

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

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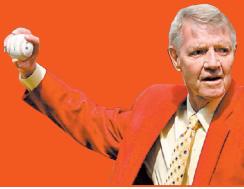
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PEOPLE POWERED

Former all-star pitcher dies

Former all-star pitcher Mark (the Bird) Fidrych died in an apparent accident yesterday at his farm in Massachusetts. He was 54. The colourful right-hander was the American League's rookie of the year for the Tigers in 1976. METRO NEWS SERVICES

Sports



Phillies broadcaster dies

Longtime Philadelphia Phillies broadcaster Harry Kalas died yesterday after being found passed out in the broadcast booth before a game in Washington against the Nationals. He was 73. Kalas had surgery earlier this year for an undisclosed ailment that the team characterized as minor. Kalas, whose signature home run call was "Outta here!" also did voice work for NFL Films and Chunky Soup commercials.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

NHL The Colorado Avalanche fired general manager Francois Giguere yesterday, just one day after the team finished with the worst record in the Western Conference. The Avalanche posted a record of 32-45-5 for 69 points. "The results of this season are unacceptable," said Avalanche president Pierre Lacroix.

MLB Second baseman Orlando Hudson hit for the cycle yesterday as the Los Angeles Dodgers thumped the San Francisco Giants 11-1 in Los Angeles' home opener. Hudson completed the feat by tripling to the right-field corner in the sixth inning.

METRO NEWS SERVICES

SCOREBOARD**NHL****STANLEY CUP PLAYOFFS, FIRST ROUND****TOMORROW'S GAMES**

N.Y. Rangers at Washington
Philadelphia at Pittsburgh
Carolina at New Jersey
St. Louis at Vancouver

THURSDAY'S GAMES

Montreal at Boston
Columbus at Detroit
Calgary at Chicago
Anaheim at San Jose

NBA**YESTERDAY'S RESULTS**

Toronto 97 Washington 96
Chicago 91 Detroit 88
Cleveland 97 Indiana 109
Dallas 96 Minnesota 94
Houston 76 New Orleans 66
Milwaukee 89 Orlando 80
New Jersey 93 Charlotte 87
Sacramento at Denver
L.A. Clippers at Utah
Memphis at Phoenix
Oklahoma City at Portland
San Antonio at Golden State

MLB**YESTERDAY'S RESULTS**

Toronto 8 Minnesota 6
Baltimore 10 Texas 5
Chicago 7 White Sox 6
Detroit 7 Indianapolis 6
Kansas City 4 Cleveland 2
Tampa Bay 5 N.Y. Yankees 5
Chicago Cubs 4 Colorado 0
Cincinnati 7 Milwaukee 6
L.A. Dodgers 11 San Francisco 1
Philadelphia 9 Washington 8
Pittsburgh 7 Houston 0
San Diego 6 N.Y. Mets 5
St. Louis at Arizona
Boston at Oakland

For more sports coverage visit:
metronews.ca



MacTavish dodges speculation

The Craig MacTavish resignation watch will go on another day or two, but nothing he said at Rexall Place yesterday leads me to believe he'll be back for his 10th season behind the bench with the Edmonton Oilers.

After three straight years out of the playoffs, MacTavish sounded like a coach frustrated that he did everything he could to get more out of this edition of the Oilers, but, ultimately, failed.

That said, the only options remaining are to significantly change the mix of players on the roster — a group that only faintly resembles the 2006 Stanley Cup finalists already — or find a new coach.

That, even with last week's vote of confidence

Capital Sports

Robin Brownlee

metronews.ca/capitalsports

from owner Daryl Katz, is exactly what fans can expect to unfold after MacTavish sits down with GM Steve Tambellini this week.

While MacTavish refused comment on his plans, including speculation he has already tendered his resignation, he addressed the obvious — it's been a frustrating and disappointing season.

"There were a lot of inadequacies in our game," MacTavish said. "The thing that was maybe most disap-

pointing for me was our culture took a hit here in terms of our work ethic and our selflessness.

"This year, there were a lot of nights as a coach I had to ask for more and, sometimes, the tank was pretty empty."

After a torrid 14-5-1 finish to 2007-08, MacTavish said during the pre-season he expected the Oilers to MacTavish contend for a Northwest Division title. The Oilers never came close to meeting that expectation as they finished 38-35-9 for 85 points.

That left the Oilers 11th in the Western Conference, 15 points behind the Vancouver Canucks, who won the division.



MacTavish and assistant coaches Charlie Huddy, Bill Moores and Kelly Buchberger never did manage to coax consistent efforts from the mix of players on the roster despite juggling lines almost game by game.

Shawn Horcoff had an off-year offensively. Ales Hemsky had stretches of brilliance and then disappeared here and there. Sam Gagner got nothing done in the first half.

Dustin Penner was in and out of MacTavish's doghouse and the lineup, playing first line some nights, fourth line on others. Penner finished with 17 goals after scoring 23 last season and 29 the season before with Anaheim.

Special teams were abysmal. The power play finished ranked 23rd after a

Worlds

- Shawn Horcoff and Dwayne Roloson have been named to Team Canada for the World Hockey Championship. Ales Hemsky and Ales Kotalik will play for the Czech Republic, while Tom Gilbert and Patrick O'Sullivan will play for the U.S. and Denis Grebeshkov will suit up with Russia.

promising start. The penalty killing never did rise above being lousy, finishing ranked 27th.

So it's next-year time again. Don't hold your breath expecting MacTavish to be a part of it, at least not behind the bench.

In a decade covering Edmonton sports, Robin Brownlee has been the newsbreaker and insightful voice for fans in Oil Country. edmontonletters@metronews.ca.

The first round: A quick look at the playoffs

NHL playoff teams were decided before the final weekend of the season, but the matchups weren't set until after the last regular season games were completed Sunday.

Eastern Conference

Boston (No. 1, 53-19-10) vs.
Montreal (No. 8, 41-30-11)

The Original Six rivals meet in a playoff series for the second year in a row and for the 32nd time overall. The teams have switched places from last spring, when the No. 1 Habs beat eighth-seeded Boston in seven games.

Washington (No. 2, 50-24-8)
vs. N.Y. Rangers (No. 7, 43-30-9)

Alex Ovechkin takes Broadway. Henrik Lundqvist could be a difference-maker in this series and Sean Avery is sure to get plenty of attention as well.

New Jersey (No. 3, 51-27-4) vs.
Carolina (No. 6, 45-30-7)

Some had the Devils pegged as Eastern Conference favourites until they limped to the finish. Carolina has won two of the three playoff series between these teams and reached the Stanley Cup final both of those years — 2002 and 2006.

Pittsburgh (No. 4, 45-28-9) vs.
Philadelphia (No. 5, 44-27-11)

A rematch of last year's

Eastern Conference final for the rivals from Pennsylvania. Sidney Crosby's Pens might be the NHL's hottest team heading into the playoffs after compiling an 18-3-4 record under new coach Dan Bylsma.

Western Conference

San Jose (No. 1, 53-18-11)
vs. Anaheim (No. 8, 42-33-7)

The first playoff series between two NHL teams from California since the Los Angeles Kings beat the Oakland Seals in 1969. San Jose was at the top of the league for most of the regu-



Vancouver (No. 3, 45-27-10) vs. St. Louis

(No. 6, 41-31-10)

The Canucks did well to reel in Calgary and capture the Northwest Division title. Now they'll want to put home ice to good use. Roberto Luongo's team faces the Cinderella story of the NHL after St. Louis climbed from last place at the all-star break to an unlikely playoff position.

**Chicago (No. 4, 46-24-12) vs.
Calgary (No. 5, 46-30-6)**

Which Flames team will show up? Calgary has been among the more unpredictable teams this season, looking brilliant during some stretches and awful during others.



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Chew for strong teeth

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

New and notable

- Throw out the toothpaste? Researchers at the University of Saskatchewan are testing a light-activated semiconductor toothbrush that actually releases electrons to break down plaque. Pretty electrifying!
 - Go green. We may see green tea in more oral-care products.
- Some research supports the natural decay-fighting properties of this agent.
- Rinse out and spit to beat oral cancer. Colgate-Palmolive is developing a mouthwash that may suppress cancerous tumours.

LISA BENDALL/
BEST HEALTH MAGAZINE



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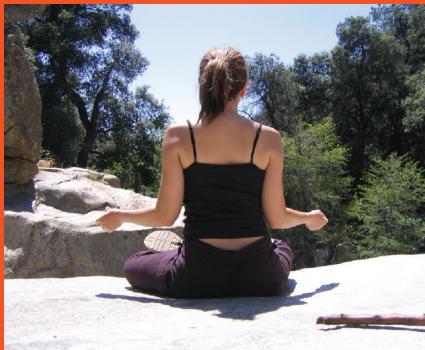


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Watch your mouth

Oral health reflects a person's overall health, say experts

CELIA MILNE
for Metro Canada



Caring for your teeth and gums is critical for overall health.

In fact, did you know that proper dental care might lower your risk of heart disease?

"You can't claim to be healthy if your mouth is not healthy," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Canadian Dental Association in Ottawa.

When we don't brush and floss properly, plaque builds up in our mouths. Our gums then become inflamed. "Wherever there is inflammation it does create wear and tear on the whole system," Soucy told Metro. "When plaque builds up over the years, it could increase your chance of heart disease and other negative health outcomes."

Research shows that people with gum disease have more of other diseases such as pancreatic cancer, cardiovascular disease and premature births. Signs that you



April is oral health month. Take heed of the Canadian Dental Association's recommendations to brush your teeth and tongue at least twice a day, floss every day and avoid excess sugar.

may have gum disease are that your gums bleed easily, are sore to the touch and look as if they are receding.

The early stage of gum disease, called gingivitis, is very common, especially as we age. It affects about 53 per cent of adults and as

many as 98 per cent of those

over age 60, according to a paper prepared by the Canadian Task Force on Preventive Health Care. Advanced

gum disease is much less common, occurring in approximately seven per cent of young adults and 34 per

cent of the elderly.

A glimpse at the international medical literature shows the association between dental health and heart health.

Many medical studies around the world show that oral health tends to reflect heart health, though proof is still lacking that gum disease is a direct cause of cardiovascular disease. Researchers still haven't found the "smoking gun," says Soucy.

The Canadian Dental Association recommends the following steps to good oral health:

- See your dentist regularly.
- Brush your teeth and tongue at least twice a day.
- Floss every day.
- Eat a well-balanced diet, avoiding excess sugar.
- Watch for signs of unhealthy gums such as: bleeding when you brush or floss, red and puffy gums, bad breath that won't go away, loose or sensitive teeth, receding gums, change in colour of the gums. See your dentist if you are concerned.

• Look for warning signs of oral cancer: bleeding, open sores, white or red patches, numbness or tingling, lumps in your mouth.

• Don't smoke.

April is oral health month, a reminder that we all need to take better care of our precious ivories.

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Researchers at two Japanese universities discovered that people who regularly eat foods containing lactic acid, such as yogurt, have a lower incidence of gum disease — a major cause of tooth loss in adults. **BEST HEALTH MAGAZINE**

Sexual innuendo at work

Flirtation, banter in the office is bad for morale, reveals new study

The J Spot

Josey Vogels

metronews.ca/thejspot

I'd be a pretty dull day at the office if no one ever cracked a dirty joke. But, some say, years of zero tolerance sexual harassment policies in the workplace have produced a frigid climate where everyone has to check their sexual beings at the reception desk (without making an inappropriate comment to the receptionist, of course).

Well, a new study has broken the ice... sort of.

Researchers at University of Toronto's Rotman School of Management and the University of British Columbia's Sauder School of Management discovered that some em-

"Often a dominating behaviour is a way of making someone squirmy. Why bring this into the workplace?"

Jennifer Berdahl, professor

ployees say they actually, gasp, enjoy the occasional sexually charged joke, discussions of sexual matters or flirtation around the office.

But before you go patting your co-worker on the butt, the study also found that the same workers who said they enjoyed some sexual banter in the workplace also withdrew from work, felt less valued and reported depressive symptoms more often than employees who experienced little to no sexual behaviour at the office.

In other words, a little sexual innuendo might be good for a laugh, but it's lousy for morale and productivity.

"In our culture, sexuality has connotations of domination, subordination and vulnerability," said professor Jennifer Berdahl, co-author of the study.

"Often a dominating behaviour is a way of making someone squirmy. Why bring this into the workplace?"

Considering how quickly most dinner party conversation eventually gets around to the topic of sex, it's unrealistic to think that people who spend eight to 12 hours a day together aren't ever going to go there.

But you only have to watch an episode of Mad Men to see how bad things might still be if we

hadn't put on the brakes. Sexual harassment laws did much to eliminate the day when it was okay to make "bosom" cracks in front of your female secretary.

Sure, harassment laws can be applied overly zealously — using them to stop a man from putting a picture of his wife in a bikini on his desk, something that apparently happened somewhere in the U.S., for example.

But, as far as I'm concerned, as long as men and women are too daft to recognize behaviour that makes another person squirmy, we still need rules to keep the workplace from feeling like a singles' bar or, even a dinner party.

And no, I don't think that's funny.



One only has to watch an episode of Mad Men to see how bad things might still be if we hadn't put on the brakes on sexual banter/behaviour policies in the workplace.

Protect your pearly whites against damage

BRIAN COULTON
for Metro Canada

You sweat, snip and style to keep your body looking its best, but when it comes to your mouth, you might be making sacrifices that threaten your overall health and beauty.

"Previously, there weren't as many options to make your smile look better," says Dr. Charles Botbol, the namesake behind Toronto, Ont.'s Dr. Charles Botbol & Associates Cosmetic and Family Dentistry.

But technical advancements in whitening and porcelain dental substitutes, added to oral exposure on television shows like Ex-

treme Makeover, he says, have caused people to want to protect their pearly whites.

"People are understanding that if they take good care of their teeth and gums and help prevent gum disease, which is the number one reason adults lose teeth, they're going to feel better and be healthier."

Prevention can be as simple as examining personal habits that cause oral damage. Drinking coffee, tea or red wine, smoking cigarettes and chewing on items like ice or pencils are popular routines Botbol says contribute to dental damage.

But when it comes to that morning caffeine kick, or Shiraz on a Saturday night,

sometimes our appetites for indulgence outweigh our conscience for care.

That's why Botbol recommends using a pre-brush rinse to help to whiten and maintain brightness of teeth, brushing with a soft-tooth brush and fluoridated paste twice daily for three minutes, flossing at least once a day and using an antiseptic rinse to purge germs.

And don't forget those lips. While the importance of oral health is undeniable, keeping the area surrounding the

mouth healthy with an SPF protectant is a tool Botbol says will enhance the appearance of healthy teeth.

"Like a piece of art, if you have a gorgeous picture painted by Picasso and the frame is beat up, it takes away from that picture. If your teeth are beautiful but your lips are chapped and you're not moisturizing them and protecting them from the sun, your lips are the frame for that picture."



Lips are an important factor when considering oral health. For UVA/UVB protection, try Burt's Bees' Sun Protecting Lip Balm, SPF 8, left. Available at specialty, health and drug stores, \$4.49.

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Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Broad horizons

CANDICE WARD
for Metro Canada

Money may make the world go 'round, but it should not stop anyone from actually seeing it.

For University of Alberta students like fourth-year Arts student Gwyneth Dunsford, 22, education goes far beyond the realms of the classroom.

"Students are already in debt or they are going into debt, but are you going to remember that you took out that loan, or are you going to remember that you went to the Acropolis?" says Dunsford.

Like most people these days, students are also affected by the economic downturn and are seeing a lot less disposable income, but there is no price tag to experiencing one's educa-

tion. The U of A offers all students the chance to broaden their horizons with the Education Abroad program like Dunsford, who took her education to Norway for a year.

"It was a great opportunity to go and take some time off from normal classes here and travel and meet new people," says Dunsford.

While attending the University of Oslo, Dunsford immersed herself in the culture by getting a job at a local student cafe and bar.

Dunsford has since been working at the Education Abroad office at the university, helping to recruit more students to take their education to foreign lands.

"I think that it is really exceptional, unparalleled learning tool that you can have," says Dunsford.

The program also assists

students in finding funding for the type of international experience they are looking for.

"Money has always been an issue with students," says Barry Tonge, Director of the Education Abroad Program at the U of A.

For some students, it could just be a matter of scaling down the type of experience they want, like spending just a semester overseas as opposed to a full school year.

"Many know that they are going to go into debt but they see it as an investment into themselves," says Tonge.

Taking part in international education programs is a lot more than just academic tourism, it gives students a chance to give themselves a leg up on the competition when it comes to job hunting.



U of A student Gwyneth Dunsford maps out a future for students planning on studying abroad.

"There is often the sense that is going to cost you money; my sense is that it is going to cost you opportunity," says Tonge.

Tonge says there are pro-

grams offered to meet everyone's challenges and interests, from internships, research and volunteering opportunities to full exchange programs.

"If you are planning on spending the rest of your life on this planet, maybe it makes sense to understand it a bit more," says Tonge.

Working abroad can help build desirable global career skills

NOELLE MUNARETTO
for Metro Canada

If your friends and family describe you as curious or adventurous, expanding your emotional and physical boundaries by working abroad might just be a step in the perfect direction.

Over the past 30 years, international exchange program SWAP Working Holidays has connected adventurous youth with overseas opportunities.

"This is for people who are interested in the world and who are not satisfied to remain in Canada for the rest of their lives," says David Smith, SWAP's director.

Youth registered with SWAP get help with everything from visa paperwork to destination planning. Partner offices at overseas locations assist students when it comes to finding jobs, navigating accommodations and making friends.

Jean-Marc Hachey, the

author of the bestselling book *The BIG Guide to Living and Working Overseas*, says working abroad can also help boost your résumé.

"The number of jobs requiring international experience has risen exponentially each year for the last 10 years," he says. "Everyone needs global career skills. Eventually, almost every job will have an international component to it."

On top of that, Hachey says another personal payoff from travelling abroad

comes from experiencing a new environment.

"It's addictive to meet people from other cultures and social groups," says Hachey. "Your life will change forever with the insights you learn travelling and working abroad."

Former animator Chris Hudson got the travel itch after falling in love with Japanese culture.

"I was feeling my life was a little stagnant. Like I wasn't doing what I was supposed to be doing," says

Hudson, reflecting on his career in Toronto.

After a three-week vacation in Japan, he decided to return to the country as an English teacher on a one-year work visa.

Hudson, who is now back home in Ontario, had such a great time that he plans on returning overseas at the end of the month. He also emphasizes that travellers must prepare themselves for possible setbacks.

"Right off the bat, one of

the first things I realized when I arrived was that everything I set up didn't quite turn out the way I expected," he says.

But, with careful planning and a secure job offer, Hudson says working abroad can be a positive experience.

"I can definitely say Canada is a great place. But to be honest, I'm not as excited when I'm here," he says. "(Abroad) you have a chance to fail. And that's part of the excitement."

NorQuest
COLLEGE

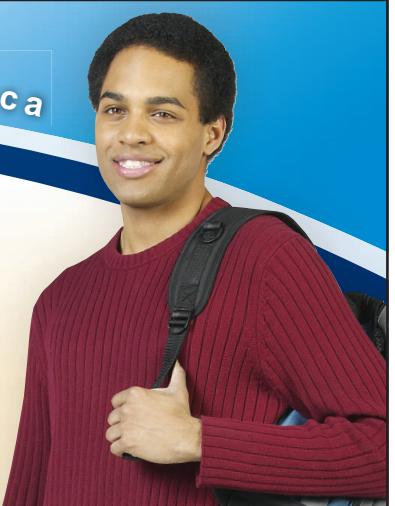
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Latin America

CUBA 85

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Honduras.... 15.9 ¢ Chile..... 2.9 ¢
Panama from..... 3.9 ¢ Colombia from..... 3.9 ¢
Uruguay..... 7.9 ¢ Dominican Rep. 6.9 ¢
Venezuela..... 2.9 ¢ Mexico from..... 2.9 ¢

Middle East

LEBANON 9.9

Bahrain..... 5.9 ¢ Kuwait..... 6.9 ¢
Egypt..... 14.9 ¢ Oman..... 17.9 ¢
Iran..... 3.9 ¢ Saudi Arabia..... 3.9 ¢
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Tuesday, April 14, 2009

16 learning curve

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on May 12.

Bridging the gapCANDICE WARD
for Metro Canada

Communication binds us together, but proper communication in the workplace can save jobs, money and even lives.

NorQuest College has been offering foreign workers and local industries the opportunity to work together to bridge the gap to overcome any cultural differences.

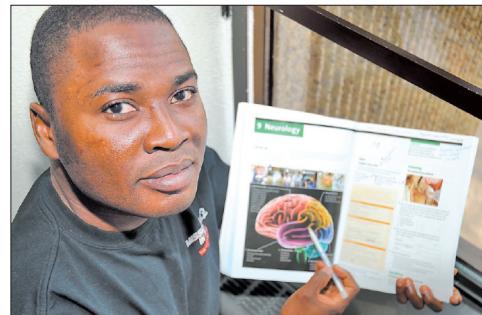
"What we have the job of doing is we help (foreign workers) integrate into the Canadian workplace more effectively and a little faster," says Todd Odgers, associate director for the Centre for Excellence in Intercultural Education at NorQuest.

The Centre for Excellence for Intercultural Education at NorQuest was established in 2007 and has seen a vast amount of growth over the past couple of years due to the large number of foreign workers in Alberta.

Odgers explains how many corporations hire foreign workers but may occasionally struggle with some cultural barriers; NorQuest's intercultural training program can assist them in breaking down those barriers.

Some of the training is tailor-made to the needs of the certain client, making the program accessible to any employer who hires foreign workers.

"Depending on where the organization is, its growth and development, we will customize a pro-



Fiacre Gakosso refines his nursing skills in English as a student in the intercultural program at NorQuest College.

gram to that," says Odgers.

NorQuest can offer many different levels of intercultural training, ranging from a half-day workshop to more extensive types of external training.

"They can more proactively and more productively deal with issues in the workplace," says Odgers.

Although job shortages seem to be the norm lately, NorQuest is making a positive move towards the future by preparing for an economic upturn.

Training foreign workers now will help when labour shortages are once again an issue in Alberta.

"We are putting all our ducks in a row so when organizations need to be running at full tilt, they will have the people that are ready to do that," says Odgers.

For the health-care industry, the shortage for trained professionals still seems to be looming.

"The population are in need, they are growing older now," says Fiacre Gakosso.

so, 33, a student in the intercultural program at NorQuest.

Gakosso came to Canada from the Congo as a refugee and attended Andre Laurendeau in Montreal to receive his degree in nursing.

Because he received all of his training in French; upon moving to Edmonton, Gakosso needed to re-learn courses such as medical terminology in English.

Gakosso says NorQuest was an easy choice for this type of training as it is the only institution in the city that offers a program like this, and he is eager to learn Canadian culture in the medical field.

"I will respect your culture and you will respect mine, but in a professional setting, we only have the same culture," says Gakosso.

For more information on this program, the official launch of the intercultural training website is set for April 29.

Local yoga instructor gives backANDREW COWIE
for Metro Canada

A local yoga instructor is allowing people to give back to the countries they visit while taking part in a travelling adventure.

Cole Williston, owner and jack-of-all-trades for the Plan It Adventure tour company, is offering guided trips to Peru where people get the chance to not only travel and see the land, but also get the opportunity to help the people of Peru with volunteer projects in the communities.

"Tourism is a multimillion-dollar industry," Williston said. "It's my opinion (that) if we can afford to go travel, we can afford to spread our knowledge or lend our services. Especially when we go to their country."

Williston said last year some of the help they extended ranged from painting a children's school to building a playground along the Amazon River.

"This year we're purchasing and building clean-burning stoves for houses," Williston said. "I think it was above and beyond people's expectations (because) a lot of people don't get the chance to volunteer."

The trips, offered in 12-day and 22-day packages, offer such activities such as horseback riding, a trek up to the famous Machu Picchu, hot springs, and daily yoga, something Williston started teaching in Edmonton six years ago.

"I was hungry for spirituality and also I had gone through a few classes and it felt like (teaching it) was something," he said.

As Williston continues

"If we can afford to travel, we can afford to spread our knowledge or lend our services."

Cole Williston

with his tours going into the future, he said he'll continue on expanding the work that can be done to help give back to the countries they visit.

"In the future, I'll cater trips to longer volunteer projects and longer time on volunteering," said Williston.

"I do one step at a time. I know what I want and what I can offer. For me, it's selling something I'm passionate about."

Prices and dates for the 12-day and 22-day trips can be found at planitadventure.com.

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Actors take centre stage

BRIAN TOWIE
for Metro Canada



TIM FRASER FOR METRO CANADA

Maybe the show's producers should just go ahead and call it *Alberta Boys*.

It's a sure thing that *Jersey Boys*, the Tony Award-winning musical about the life of Rock and Roll Hall of Famers Frankie Valli and his Four Seasons, currently calls Toronto its home.

But there's a lesser-known factoid about its Canadian production — one that might pique the interest of those who believe (or know, depending on who you are) that Wild Rose Country is the greatest province in the Dominion. Albertans figure prominently in the musical, making up seven out of the 19 cast members — those being Calgary expats Jade Elliott, Victoria Lamond, Grant Tilly and Michael Lomenda, and Edmonton expats Timothy Sell, Aaron MacKenzie and Lindsay Thomas.

It's one example of how Alberta's theatrical talent, while not receiving the same notoriety as other parts of the country might,

From left: actors Timothy Sell, Jade Elliott and Grant Tilly.

is bubbling under the surface and beginning to gush. Sell credits grassroots enthusiasm for the arts — being local fringe festivals in Calgary and Edmonton — to developing theatre programs (such as the University of Alberta's, he says) as parts of the reason why.

"There's a great arts community that comes from Alberta," adds Elliott. "It's small at the moment but it's thriving."

The community that produced the actors still sees a great deal of its talent exported to other places. For these actors in particular, getting out wasn't intentional (except in the case of Tilly, who left school in

search of new climates), but more a case of happenstance. If you're a performer, you go where the work is — in this case, the jobs were to be found further east.

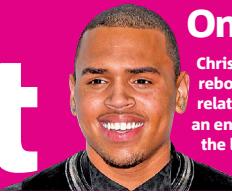
Not to say the actors are glad to leave Alberta behind. The trade of big skies and breathtaking scenery for their names in bright city lights was a costly one, and Sell, Elliott and Tilly all admit it's one they won't forget anytime soon.

"We left great friends and family," Sell said. "There's a down-to-earth familiarity that Albertans have, which you don't often find (in Toronto). We miss it."

Jewison to be honoured

Cher, Faye Dunaway, Eva Marie Saint, Carl Reiner, Marilyn & Alan Bergman and famed cinematographer Haskell Wexler will join Canadian filmmaker Norman Jewison on stage for a special conversation about Jewison's legendary career in Los Angeles this Friday. **METRO NEWS SERVICES**

Entertainment



On the rebound

Chris Brown is reportedly on the rebound, just weeks after his relationship with Rihanna came to an end. The N.Y. Daily News reports the lady is a Virginia college student.

EDITOR: DEAN.LISK@METRONEWS.CA

Metric takes a positive turn

BRYAN BORZYKOWSKI
for Metro Canada

Emily Haines might live in Toronto, but the jet-setting lead singer of Metric, has trouble writing music there. On *Fantasies*, the burgeoning indie rock band's fourth album, the songstress moved to Argentina for a couple of months to clear her head and pen her new album.

"Sometimes you have to remove self from your immediate environment to get perspective with what's going on," she says on the phone from New York. "I was on the road so much that when it came to writing a Metric record, I didn't feel like making a disc called 'I've been on tour for the past five years.'



Fantasies, the new album from Toronto indie rock act Metric, is now available in stores and online.

I forced myself to experience something that is outside the realm of anyone who knew me.”

If anything getting out of Dodge allowed Haines to challenge herself without the watchful eye of the Toronto music industry looking on. "Doing this gave me a chance to get away from everything and return to what I do best."

which is write songs," she says. "As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."

The end result is another deeply intense and dark new wave, indie pop disc. Musically it's not a major departure from Live It Out or Old World Underground

— though it's arguably better than both those discs — but lyrically, Haines sounds slightly more cheery than usual.

While she won't say exactly why her lyrics take a more positive turn this time around ("I don't see any value of explaining what something is," she says), she does admit that the band was interested in fantasizing about the future and what happens when dreams come true.

"Anything you can imagine you can make real," she says. "That was really our preoccupation and how everyone I know is trying to navigate every day of their life. It's about their power of imagination over their environment."

For Metric's members, many of their dreams have

"As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."

Instrumental Emily Haines
become real. They've opened for The Rolling Stones at Madison Square Garden, they've played every important festival and they're one of the more respected indie acts around. Yet, Haines claims she's never had a plan to be where she is today. "I follow an impulse to make things when I need to make them," she explains. "And I have no idea what is going to happen next."

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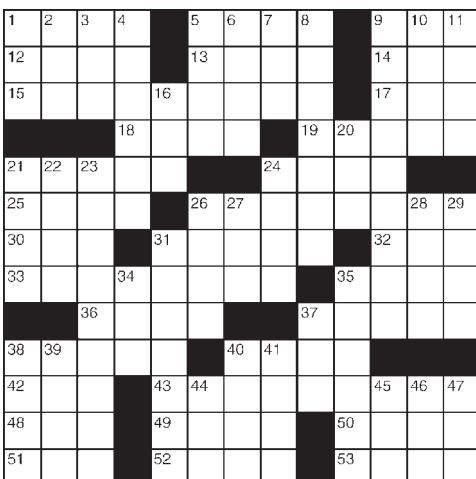
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WEEKDAYS AT 6 A.M.

**Crossword across**

- 1 Cry like a banshee
 5 "Say again?"
 9 Crafty
 12 Europe's neighbour
 13 German car name
 14 Tiny veggie
 15 Peter Parker's alter ego
 17 Cartesian conclusion
 18 Hostels
 19 Doves
 21 Founded (on)
 24 Unaccompanied
 25 Swiss peaks
 26 Directly
 30 Floral neckwear
 31 Actor Alan
 32 NASA deviation
 33 Last page?
 35 Small combo
 36 Nestling hawk
 37 Dashboard features
 38 Folkways
 40 Painter Mondrian
 42 Actress Gardner
 43 1984 mockumentary subject
 48 Buddy
 49 Sea flock
 50 Therefore
 51 Wapiti
 52 Method (Abbr.)
 53 Turned blue?

Crossword down

- 1 Existed
 2 Cleopatra's slayer
 3 Midafternoon hour
 4 Restroom designation
 5 Caution
 6 Runs smoothly
 7 Oklahoma city
 8 Small-timer
 9 Freshwater algae
 10 Begin
 11 Sweet potatoes
 16 Conclude
 20 Yale student
 21 Hairless
 22 Sheltered
 23 It takes thyme
 24 Use a teaspoon
 26 Spheres
 27 Guitar's kin
 28 Greet
 29 Pairs
 31 Accumulates
 34 CBS logo
 35 Named
 37 Narcs' org.
 38 Jerry Herman musical
 39 Ellipse
 40 Needles' mates
 41 "Meet Me — Louis"
 44 Use a crowbar
 45 Take a shot at
 46 Time of your life?
 47 Home for 14-Across

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

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SUDOKU SOLVE TIME:

Under 13 minGenius
 13-17 min.....Scholar

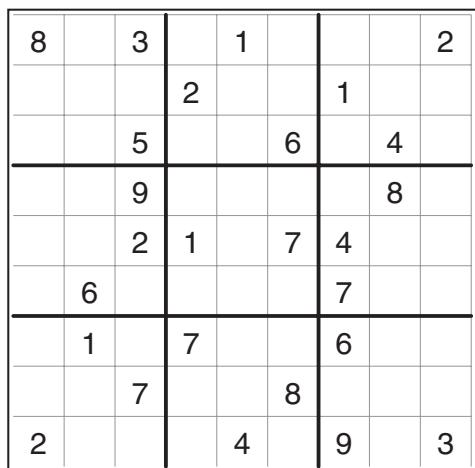
17-21 minSmart

21-25 min.....Not bad
 25+ min.....Keep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**Horoscopes**

ARIES
MARCH 21-APRIL 20
 Outsiders will cringe due to your ferocity. Discomfort brings a great deal to an end. An adored person rides off into the sunset.

LIBRA
SEPT 23-OCT 23
 An intimate friend has a sordid tale to tell. There's no help for an innate personality defect. Take responsibility for teaching a lesson.

TAURUS
APRIL 21-MAY 21
 Disregarded desire causes too much disharmony. You can't do something over again. A lover will find a way to build you up.

SCORPIO
OCT 24-NOV 22
 Get professional advice about computer problems. A bungler will slow down progress. Watch out for toxic companions.

GEMINI
MAY 22-JUNE 21
 Don't pass judgment on anybody. There's a fortuitous meeting with an ally. A brilliant performance gets noticed.

SAGITTARIUS
NOV 23-DEC 21
 Have facts and figures ready for a younger person. A disgruntled associate puts the ball in your court. Transit problems cause quarrels.

CANCER
JUNE 22-JULY 22
 A chatty buddy makes points with humour. A kind person takes note of your feelings. Start fresh when making decisions.

CAPRICORN
DEC 22-JAN 20
 Scintillating memories will come to mind. A winning plan has everyone cheering. Don't get exasperated by a change of fortune.

LEO
JULY 23-AUG 23
 Make a shocking request this afternoon. A forceful woman's skills come in handy. Get paperwork done before taking a drastic step.

AQUARIUS
JAN 21-FEB 18
 Ask about a hidden need for security. Don't be wounded by a shocking experience. Triple check your thoughts before replying.

VIRGO
AUG 24-SEPT 22
 Love life gripes force you to make a decision. Resist the desire to make impressive remarks. Don't ignore a favourite person's demands for loyalty.

PISCES
FEB 19-MARCH 20
 Problems with a friend lead to emotional turmoil. People will visit and remove your fear of the future. Expect confusion and odd behaviour.

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Tori Spelling insists that the supposed rift between her and her mother, Candy Spelling, isn't nearly as bad as it's been made out to be. "It's not like we're not talking, we just haven't talked," the actress tells People. METRO NEWS SERVICES

Family rift not so bad

Celebrity Buzz

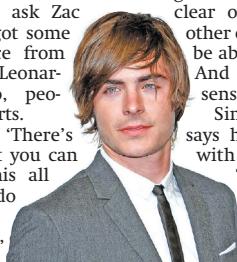
yes!

Zac takes Leo's advice

PEOPLE

How does a young celebrity avoid the pitfalls of Hollywood? Just ask Zac Efron, who got some simple advice from fellow actor Leonardo DiCaprio, people.com reports.

"He said, 'There's one way that you can really f--- this all up. Just do heroin,'" Efron, 21,



METRO NEWS SERVICES

tells GQ, recalling a chat with DiCaprio, 34, at a Lakers game. "If you steer clear of that — the other obstacles you'll be able to navigate. And that makes sense, dude."

Similarly, Efron says he only drinks with friends and "behind closed doors."

METRO NEWS SERVICES

Brangie to adopt again?

KIDS After striking out in India and Burma, Brad Pitt and Angelina Jolie are reportedly looking to the Philippines to adopt their next child.

"Brad and Angie flew out together," a source tells the Daily Mail. "They want to add to their family and tried to adopt from Burma, but the authorities are very strict, so they decided to look at the Philippines."

However, Manila International Airport Au-

thority general manager Alfonso Cusi says there is no sign the couple has been in the country at all in the last week.

"I have checked with all our offices co-ordinating VIP arrivals as well as with the Bu-



reau of Immigration. Sorry to disappoint the fans, but they did not come to the Philippines," Cusi told the Filipino newspaper the Inquirer.

METRO WORLD NEWS

da!

Gay marriage bans like 'apartheid,' Charlize argues

ried but it's maybe a part of it."

Charlize, 33, praised the movie Milk for helping keep the issue in the public consciousness.

She said: "I just loved the film, I absolutely loved the film."

"I loved the way it was embraced and the speeches and this conversation that we're constantly having about this issue, I don't want that to go away, I want us to keep having it."

METRO NEWS SERVICES

Elisabeth overcomes diet issues

HEALTH A gluten-free diet won't stop Elisabeth Hasselbeck from learning the family recipes, people.com reports.

"My grandmother was giving me her meatball-and-sauce recipe," The



View co-host, 31, tells Everyday with Rachael Ray. "When she got to the part about adding breadcrumbs, she looked up at me and said, 'Elisabeth, you can add whatever you want

here.' I thought, if my Italian grandmother can understand being G-free, anyone can."

Hasselbeck, who was diagnosed with celiac disease seven years ago, has written her own book, The G Free Diet, a guide for those who want to live gluten-free.

METRO NEWS SERVICES

Blake fathers illegitimate kid?

RUMOUR Looks like Amy Winehouse is reconciling with her estranged husband, Blake Fielder-Civil, just got less likely.

Mother of two Gileen Morris tells News of the World that she's having another baby — and it's Fielder-Civil's.

The woman says she had a brief affair with Fielder-Civil while in a rehab facility in February, and she's

now six months pregnant.

"Blake seduced me and we had a secret fling," Morris tells the newspaper, adding that while he was shocked when he heard about her pregnancy, "He vowed to stand by me and raise the child."

METRO WORLD NEWS



GETTY IMAGES

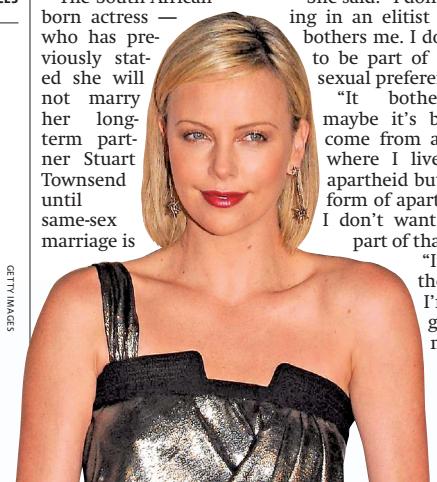
OPINION Charlize Theron says the current marriage laws are a "form of apartheid," femalefirst.co.uk reports.

The South African-born actress — who has previously stated she will not marry her long-term partner Stuart Townsend until same-sex marriage is

legal in the U.S. — can't understand why America refuses to give gay people the same rights as their heterosexual counterparts.

She said: "I don't like living in an elitist world, it bothers me. I don't want to be part of an elitist sexual preference. It bothers me, maybe it's because I come from a country where I lived under apartheid but this is a form of apartheid and I don't want to be a part of that."

"It's not the reason I'm not getting married."



can I make her smile?

Robbie writes off Take That return

Robbie Williams will not be returning to Take That, former bandmate Gary Barlow says. Williams said last month a reunion was "looking more likely by the week," but Barlow said "Robbie won't be joining," ananova.com reports. **METRO NEWS SERVICES**

**entertainment 23****Celebrity Buzz****Young Miley defends memoir as life lesson**

PEOPLE Hannah Montana star Miley Cyrus has defended her memoir against critics insisting she's too young to publish her life story at age 16, femalefirst.co.uk reports.

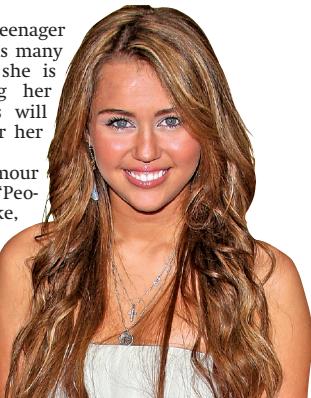
Cyrus speaks out about growing up in the spotlight, being tormented by bullies and her breakup with Jonas Brothers singer Nick Jonas in her new autobiography Miles to Go.

And though the teenager admits she still has many lessons to learn, she is convinced sharing her many experiences will be eye-opening for her young fans.

She tells Glamour magazine, "People are like, 'You're 16, why would you write your life story?' But in the business I'm in, I have lived a life that some people

who are in their 60s haven't lived. I've gone through a lot and seen a lot. But I still have a lot to learn."

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**Fat loss caused changes?**

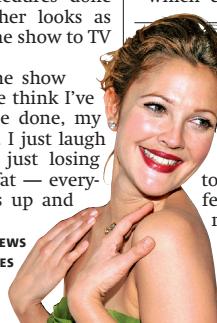
PEOPLE The Hills star Audrina Patridge has dismissed reports she has undergone plastic surgery to achieve slimmer facial features, insisting she's "just losing baby fat," femalefirst.co.uk reports.

The 23-year-old is preparing to

launch her own reality show, which will follow Patridge in her personal and professional life. But the brunette has laughed off claims she's had various medical procedures done to enhance her looks as she pitches the show to TV networks.

She tells the show Extra, "People think I've got my nose done, my chin done. I just laugh at it. I'm just losing my baby fat — everyone grows up and changes."

METRO NEWS SERVICES



BREAKUP While their very public breakup is more than a week old, friends say Lindsay Lohan and Samantha Ronson are still talking to each other — and Ronson is still concerned about Lohan's well-being.

"Sam has begged Lindsay to get help," a source tells People magazine. "Lindsay barely sleeps, which ex-

plains a lot of her behaviour. She's exhausted. She can't even sit down for a minute without pacing around the room. It's really sad."

METRO NEWS SERVICES

Drew's pet bond

PEOPLE Drew Barrymore lets her dog customize her jeans, femalefirst.co.uk reports.

The actress encourages her yellow Labrador-Chow mix pet

Flossie to rip up her new pairs of denim trousers to give them a fashionably distressed appearance.

A source said: "She lets Flossie chew on them and rip them up a bit and then she throws them in the wash-

ing machine. She thinks the look perfect! Not too calculated."

Barrymore regularly speaks about her beloved pet pooch and the special

Simon's career time crunch

PEOPLE Apparently even Simon Cowell is mortal, tvguide.com reports.

The man who brings a certain something to American Idol, its across-the-pond predecessor, X Factor, and Britain's Got Talent, is beginning to question whether he can keep the candle burning at all three ends. And that's not even factoring in his work as a music producer.

"I don't want to come over as whiney, because I am very grateful that I have got these jobs," Cowell tells the U.K.'s Daily Mirror.

"But there is a point where I am not sure we



bond the pair share. She once said: "Flossie is like my little daughter. I can't wait to have kids." Barrymore was saved by Flossie when a fire struck her \$3-million US mansion in 2001.

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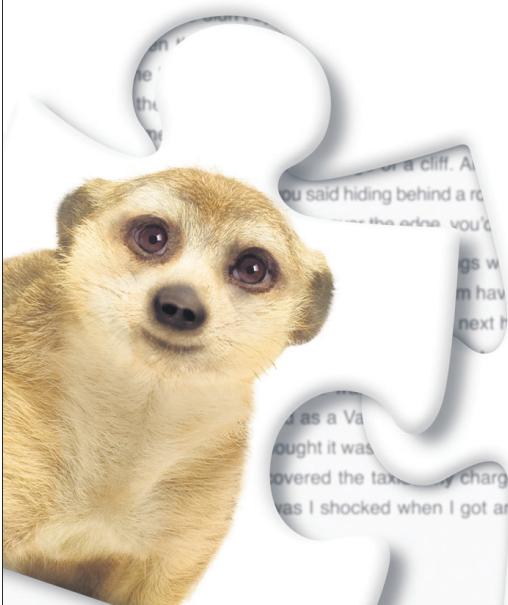
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